

Senior Moments

A publication of the City of Springfield ~ Department of Elder Affairs
Mayor Domenic J. Sarno



HAPPY Holidays



Wishing you all a merry and bright holiday season.

Love,
Your Friends at the Department of Elder Affairs

Mission Statement

The Department of Elder Affairs: where we encourage everyone to create their own handbook for aging well via services and programs that support living better.

Funding for many of our wonderful programs and activities is provided by Council on Aging grants from the Executive Office of Elder Affairs at the Commonwealth of MA, CDBG (Community Development Block Grant) and the Federal Administration for Community Living

Department of Elder Affairs Staff

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Computer Learning Center

Darrell Mickey
Transportation Coordinator

Kerry Welch
Health and Wellness
Coordinator

Linda Henley
Hungry Hill Coordinator

Alex Martin
Clodo Concepcion Coordinator

Doris Feliciano
North End Coordinator

Dept. Of Elder Affairs

Raymond A. Jordan Center
Council on Aging

1476 Roosevelt Ave
Springfield, MA 01109

Hours of Operation:

Monday-Friday
Program Hours
7:00am-3:30pm

Office Hours
8:00am - 4:00pm

Main: 413-787-6785
Fax: 413-750-2698



Help us wish
Madeline Cofield
the very best on her...

Relax and
Enjoy your time off
Try something different
Inspire somebody
Remember to enjoy the small things
Explore new places
Make time for yourself
Entertain your friends and family
Nap frequently
The best has yet to come

Golden Age Club

413-787-6486 / 413-886-5104

Senior Community**Service Employment Program (SCSEP)**

413-787-6124

S.H.I.N.E.

413-750-2893

Computer Learning Center

413-750-2090

Outreach Program

413-750-2896 / 413-886-5260

Notary Public ~ Call for details

Dashima Washington ~ 413-787-6633

COA Board Members

Maurita Bledsoe ~ Magda Colon

Teresa Concepcion ~ Olga Ellis ~ Donald Evans

John Jordan ~ Donald Roberts

Greater Springfield Senior Services

413-781-8800

PVTA

413-781-7882

Domestic Violence

1-877-785-2020

24/7 Crisis Behavioral**Health Network**

413-733-6661

National Distress Hotline

1-800-985-5990

Department of Elder Affairs Senior Center Guidelines

Face coverings are strongly recommended for seniors and those with chronic diseases, health issues and are immuno-compromised.

Please remain home if you are not feeling well.

Registration and doctor's medical release forms must be renewed.

For your safety and protection, I-Waves (air purifiers) are now at all senior centers.

Let's do
Lunch!

Free Lunches

Raymond A. Jordan Senior Center 1476 Roosevelt Ave. Springfield, MA
Served daily 11:30am-12:30pm

Clodo Concepcion Community Center 1187 ½ Parker Street, Springfield, MA
Served Monday, Wednesday and Friday 12:00pm

Hungry Hill Center 773 Liberty Street, Springfield, MA
Served Tuesday and Wednesday 12:00pm

All Reservations required 1 day in advance by 12:00pm

Menu Subject to change. Lunch provided by PALAZZO CAFE






To find more information about our programs please visit on our website
[Elder Affairs, City of Springfield, MA: Elder Affairs \(springfield-ma.gov\)](http://ElderAffairs.CityofSpringfield.MA.gov)
or Facebook page ([Springfield Department of Elder Affairs | Facebook](https://www.facebook.com/SpringfieldDepartmentofElderAffairs))



Health & Wellness

Please visit our Welcome Center or call 787-6785 to register.

Totally You! Our fitness instructor will guide you along to achieve your ultimate wellness goals! BY APPOINTMENT ONLY!	Monday thru Friday	7:00am-3:00pm	2nd Floor Fitness Ctr
Tai-Chi An Ancient Chinese Tradition & Graceful Form of Exercise. Tai Chi can improve: Balance, Weight, Cholesterol, Blood Pressure, Diabetes and Calming of the mind. For All Abilities.	Tuesday Nov. 2 ~ Dec 21	9:30am-10:30am	1st Floor Banquet Room
Hoopng It Up Hooping figure fitness with Olander Worthy. A great aerobic addition to your exercise program.	Tuesday (Thru November 30, 2021)	10:30am-11:30am	1st Floor Banquet Room
Walk & Strength Warm-up consists of 30 minutes of walking, followed by 30 minutes of standing & seated stretching & strength exercises with resistance bands. Work at your own pace & ability.	Tuesday & Thursday	1:00pm-2:00pm	1st Floor Banquet Room  
Fit & Fierce Dance Camp this 1-hour class will be exercise, dance/movement & fun! Dancing with the oldies, R & B, gospel and the rhythmic beat of native African Drums.	Wednesday 	9:30am-10:30am	1st Floor Banquet Room

Also in the "Lineup" At Raymond A. Jordan Senior Center:

Billiards Room

Monday– Friday by Appt.

Book Club

4th Thursday 10:00-11:00am

Devotional Moments

Monday 10:30am

Dominos

Wednesday & Friday 12:00-3:00pm

Feature Flick

Friday 12:30pm

Please visit our Welcome Center for more information or call 413-787-6785.

AMERICAN INTERNATIONAL COLLEGE NURSING STUDENTS



Thursdays through December

10:30a.m-12:30pm

Blood pressure



Glucose screenings

Healthy Teaching

Please visit our Welcome Center for more information or call 413-787-6785.

Sponsored by: Department of Elder Affairs and AIC College

Your Arts in the Right Place!

Brought to you with love from your Program Coordinators: Dashima, Kerri and Madeline

Join us for DIY Fridays! 9:45am

New art projects available weekly.

Registration is required.

If you are interested in participating, please visit our Welcome Center or
Call 413-787-6785 to sign up.

All projects are on a first come, first serve basis. Limited number of supplies.

Programs sponsored by: Springfield Department of Elder Affairs, Council on Aging and
CDBG (Community Development Building Grant)

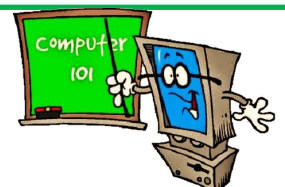
Computer Lab at the Raymond A. Jordan Senior Center

Monday ~ Thursday 8:30am-1:00pm

Please call our computer guru, Frank Holmes at 413-750-2090
to schedule time to expand your knowledge about:

- ◆ Basic Computer
- ◆ Laptops
- ◆ Microsoft Word ~ Basic
- ◆ Smart Phones
- ◆ Tablets
- ◆ Zoom Conferencing

Computer Lab is closed on Fridays





Medicare Open Enrollment Most Medicare beneficiaries have just one opportunity a year to evaluate and change their coverage, from October 15th to December 7th. Every year, the “open-enrollment” period allows seniors and others on Medicare to change their part D (prescription-drug) coverage, enroll or change enrollment in a Medicare Advantage program, such as an HMO or PPO plan, and generally reevaluate their healthcare package. Many seniors disregard this opportunity and enroll in the same plans they did the year before, assuming that as long as a plan has not changed dramatically, there is no need to switch. People should review their plans, however, because even if their plans have not changed, their needs may have. If a Medicare beneficiary has been prescribed new medications or dropped old ones, there may be a new (and perhaps less expensive) part D plan that suits him or her better.

To schedule a phone appointment with a SHINE Volunteer Counselor for free and unbiased Medicare Counseling, please call MassOptions at 1-800-243-4636. For information on other State Health Insurance Programs in other states and territories please visit- www.shiphelp.org

Inscripción Anual de Medicare La mayoría de los beneficiarios de Medicare tienen sólo una oportunidad al año para evaluar y cambiar su cobertura, comenzando el 15 de octubre al 7 de diciembre. Cada año, el período de "inscripción anual" permite a las personas mayores y otras personas de Medicare la oportunidad a cambiar su cobertura de la parte D (medicamentos recetados), inscribirse o cambiar la inscripción en un plan de Medicare Advantage, como un plan HMO o PPO, y reevaluar su paquete de salud. Muchas personas mayores desatienden esta oportunidad y se inscriben en los mismos planes de el año anterior, asumiendo que mientras un plan no haya cambiado drásticamente, no hay necesidad de cambiar. Personas deben revisar sus planes, sin embargo, si sus planes no han cambiado, no tienes que hacer un cambio. Si a un beneficiario de Medicare se le han recetado nuevos medicamentos o se le han cambiado los medicamentos, puede seleccionar un plan nuevo (y quizás menos costoso) de parte D que le convenga mejor.

Para programar una cita telefónica gratuita con un consejero imparcial voluntario de Medicare, llame a MassOptions al 1-800-243-4636 para una cita de SHINE. Para obtener información sobre los programas estatales de seguro médico en otros estados y territorios, visite www.shiphelp.org

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Senior Community Service Employment Program (SCSEP)

Older Workers...
Serving Communities
Learning Skills
Earning Money

PUT YOUR TIME AND TALENTS TO WORK

Find out how you can benefit from the Senior Community Service Employment Program:

- Paid training
- Work experience
- Extra income



SERVING COMMUNITIES

SCSEP participants serve their communities while gaining valuable on-the-job training through paid temporary assignments with local non-profit and government organizations including:

- Schools
- Libraries
- Social Service Agencies
- Hospital
- Senior Centers
- Museums

SECURING EMPLOYMENT

The Senior Community Service Employment Program helps older workers build the experience and confidence they need to find permanent employment. You may qualify if you are:

- 55 or older
- Income eligible
- Seeking employment

Veterans and their spouse are encouraged to apply.

Learn more by calling : 413-787-6124

Senior Service America's Senior Community Service Employment Program (SCSEP is funded by a grant from the U.S. Department of Labor Employment and Training Administration.) SCSEP is an equal opportunity program. Auxiliary aides and services are available upon request to individuals with disabilities.



Trabajadores mayores ...

**SERVICIO DE LAS COMUNIDADES
HABILIDADES DE APRENDIZAJE
GANANDO DINERO**

PONGA SU TIEMPO Y TALENTOS PARA TRABAJAR

Descubra cómo puede beneficiarse del Senior Programa de empleo de servicio comunitario:

- Entrenamiento pagado
- Experiencia laboral
- Ingreso extra

SERVICIO DE LAS COMUNIDADES

Los participantes de SCSEP sirven a sus comunidades mientras obtienen una valiosa capacitación en el trabajo a través de asignaciones temporales pagadas con organizaciones locales sin fines de lucro y gubernamentales que incluyen:

- Escuelas
- Bibliotecas
- Agencias de servicios sociales
- Hospital
- Centros de mayores
- Museos



SEGURO DE EMPLEO

El Programa de Empleo de Servicio Comunitario para Personas Mayores ayuda a los trabajadores mayores a desarrollar la experiencia y la confianza que necesitan para encontrar un empleo permanente.

Puedes calificar si eres:

- 55 o mayor
- Ingresos elegibles
- Buscando trabajo

Se alienta a los veteranos y a su cónyuge a presentar una solicitud.

Obtenga más información llamando al:
413-787-6124

Programa de Empleo de Servicio a la Comunidad para Personas Mayores de Senior Service America (SCSEP está financiado por una subvención del Departamento de Trabajo de los Estados Unidos Y Administración de Capacitación). SCSEP es un programa de igualdad de oportunidades. Auxiliares y servicios auxiliares están disponibles a pedido para personas con discapacidades.

NEED A HAND...

Let Our Outreach Division Help!



We offer many services for Springfield residents who are 60 years of age or older.

- ◆ Brown Bag
- ◆ Circuit Breaker
- ◆ Real Estate Abatements
Income Eligible
- ◆ SNAP (Food Stamps)
- ◆ Trash Discount Fee
- ◆ Water and Sewer Discount
- ◆ Water and Sewer Credit

Have more questions about services? Contact Ramona Matos at 413-886-5260.

The Outreach Division is supported through the Massachusetts Executive Office of Elder Affairs and the Federal Administration for Community Living.

¿NECESITA AYUDA?

Permítanos ayudar!

- ◆ *Bolsa marron*
- ◆ *Disyuntor*
- ◆ *Reducciones inmobiliarias
(Ingresos elegibles)*
- ◆ *SNAP (Cupones de Alimentos)*
- ◆ *Tarifa de descuento de basura*
- ◆ *Descuento en Agua y Alcantarillado*
- ◆ *Crédito de Agua y Alcantarillado*

La División de Extensión recibe apoyo a través de la Oficina Ejecutiva de Asuntos de Ancianos de Massachusetts y la Administración Federal para la Vida Comunitaria.

¿Tienes más preguntas sobre los servicios para personas mayores?

Comuníquese con
Ramona Matos (413) 886-5260 en la División de Extensión del Departamento de Asuntos de Ancianos.

Los programas de divulgación son patrocinados a través de una subvención proporcionada por Greater Springfield Senior Services, Inc.

Springfield Golden Age Club

November / December 2021

We're Meeting Again!

Weekly & Bi-Weekly Schedule

Mondays

Winchester Sq. Branch ~ 1:00pm
@ Raymond A, Jordan Senior Ctr

Tuesdays

Tri-Towers Branch ~ 1:00pm
Tri-Towers Community Room
18 Saab Court

Wednesdays

Bi-Monthly 1st & 3rd
Mayflower Branch ~ 10:00am
@ Raymond A. Jordan Senior Ctr
2nd Floor Multi Purpose Room

Thursdays

Bi-Monthly (call 733-9411 for days)
(formerly) Jenny Lane Branch ~ 10:30am
Hungry Hill Center
733 Liberty Street

Bi-Monthly 2nd & 4th
Pine Point Branch ~ 1:00pm
@ Raymond A. Jordan Senior Ctr
2nd Floor Multi Purpose Room

FRIDAYS

Sixteen Acres Branch ~ 1:00pm
Clodo Concepcion Center
(Greenleaf)
1187 ½ Parker Street

Monthly

Wednesday, December 1, 2021

\$5.00 Cover, Raffle, Door Prizes

Call Raymond A. Jordan Senior Center at
413-787-6785 for tickets and additional information.

Golden Age Top Officers

President
Donald Roberts
1st Vice President
Joanne Lucas
Treasurer
Maureen Whitehead
Secretary
Annemarie Pajar
(Formerly) Jenny Lane. *Vice President*
Joanne Lucas

Mayflower Vice President
Cecile Benoit

Pine Point Vice President
Eveline Malbouef

Sixteen Acres Vice President
Sally Lussier

Tri-Towers Vice President
Marilyn Hallas

Winchester Square
Vice President
Earnestine Johnson

For more trip information or questions on becoming a Golden Age Club member, please call 413-787-6486



COVID Eviction Legal Help Project - Legal Services Massachusetts Law Reform Institute

November / December 2021

Springfield has seen 1,165 eviction filings since the end of the state eviction moratorium last October. Now more than ever, it is essential for municipalities to get information to tenants about how they can prevent an eviction and stabilize their housing.

New Videos - To help you quickly get information to people in your community, the [COVID Eviction Legal Help Project](#) has released a new **Facing an Eviction** community legal education series. [These short videos](#) encourage tenants facing eviction to stay in their homes, apply for rental assistance, and get legal help.

Ready to Use - We urge you to post these videos on your website, embed them in your newsletter, and forward them to colleagues who may be able to spread the word. You can access and share the videos [through Vimeo](#). Subtitles are available in English, Spanish, and Portuguese. They can also be reshared from the COVID Eviction Legal Help Project [Twitter](#) and [Facebook](#).

Together, we can make sure tenants in your community know about the resources available to help them. Thank you for all the work you do to help community members stay housed.

www.vimeo.com/showcase/8790405

For more information contact:

Community Legal Aid, Springfield, MA 01144

APPLY BY PHONE: 855-252-5342 or 855-CLA-LEGAL




Linda Henley ~ Center Coordinator 773 Liberty Street, Springfield, MA 413-733-9411

November

Lunches provided by Palazzo Café ~ Free

Monday	Tuesday	Wednesday	Thursday	Friday
1) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	2) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	3) 12:00pm Lunch 12:30pm BSMC Presentation/House Calls	4) 10:00am Exercise Group 10:30am Golden Age Group MOVIE MATINEE	5) SOCK HOP Put your happy feet on! Bring a new pair of men's or women's socks to donate to the Soldiers Home
8) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	9) 9:30am Knitting & Crafting 12:00pm Lunch BINGO	10) 12:00pm Lunch Social/Games	11) Holiday Center Closed Veterans Day	12) 11:00am Dean Martin Variety Show Adult Coloring
15) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	16) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	17) REFLEXOLOGY 12:00pm Lunch Social/Games	18) 10:00am Exercise Group 12:00pm <i>Birthday Celebration</i> MOVIE MATINEE	19) FOOT CARE RN 9:00am Victorian Tea Party 11:00am Dean Martin Variety Show
22) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	23) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	24) 12:00pm Lunch Social/Games	25) Holiday Center Closed Happy Thanksgiving 	6) Center Closed

December


Monday	Tuesday	Wednesday	Thursday	Friday
29) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	30) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	1) 12:00pm Lunch Social/Games	2) 10:00am Exercise Group 10:30am Golden Age Group	3) 11:00am Dean Martin Variety Show Adult Coloring
6) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	7) 9:30am Knitting & Crafting 12:00pm Lunch BINGO	8) 12:00pm Lunch Social/Games	9) 10:00am Exercise Group MOVIE MATINEE "White Christmas"	10) 11:00am Dean Martin Variety Show Adult Coloring Christmas Gathering
13) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	14) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	15) REFLEXOLOGY 12:00pm Lunch Social/Games	16) 10:00am Exercise Group 12:00pm <i>Birthday Celebration</i> BROWN BAG	17) 11:00am Dean Martin Variety Show Shadow Box Creations
20) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	21) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	22) 12:00pm Lunch Social/Games	23) 10:00am Exercise Group MOVIE MATINEE "Holiday Inn"	24) Center Closed Happy Holidays 
27) 10:45am How to Stay Fit as you age Social, Music Hour Coffee	28) 9:30am Knitting & Crafting 12:00pm Lunch POKENO	29) 12:00pm Lunch Social/Games	30) 10:00am Exercise Group 10:30am Golden Age Group	31) Center Closed Happy New Year

November

Alex Martin ~ Center Coordinator 1187 ½ Parker Street, Springfield, MA 413-750-2873

Schedule subject to change

Lunches provided by Palazzo Café ~ Free

Monday	Tuesday	Wednesday	Thursday	Friday
1) 9:00am Walking Tigers Get Fit Club 10:00am Practice Tai Ji Quan 11:15am Lunch 1:00pm Craft Class	2) 9:00am Walking Tigers Get Fit Club 10:00am Strength Class 11:00am Step in Time (beginners line dance) 1:00pm Line Dancing	3) 9:30am Improvers Line Dancing 11:15am Lunch 1:00pm Cameo Club	4) 9:00am Walking Tigers Get Fit Club 10:00am Strength Class 12:00pm Pitch	5) 11:15am Lunch 1:00pm GAC Meeting
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22) 9:00am Walking Tigers Get Fit Club 10:00am Practice Tai Ji Quan 11:15am Lunch 1:00pm Craft Class	23) 9:00am Walking Tigers Get Fit Club 10:00am Strength Class 11:00am Step in Time (beginners line dance) 1:00pm Line Dancing	24) 9:30am Improvers Line Dancing 11:15am Lunch 1:00pm Cameo Club	25) Holiday Center Closed Happy Thanksgiving 	26) Center Closed

December

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BUSY BEES

